



health
 Department:
 Health
 PROVINCE OF KWAZULU-NATAL

HEALTH



DECEMBER 2017

KZN HEALTH AT YOUR SERVICE THIS FESTIVE SEASON





KZN HEALTH AT YOUR SERVICE
 THIS FESTIVE SEASON
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THE SOUTH AFRICAN
 RED CROSS SOCIETY
 KWA-ZULU NATAL
WORLD AIDS DAY
 WORLD PARTNER FOR COMMUNITY ACTION
 DO MORE!! DO IT TOGETHER!!


WORLD AIDS DAY
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CERVICAL CANCER
PAGE 09

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 KZN Department of Health

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

PATIENT RIGHTS

It is your right to be respected

Every patient has the right to:

- A healthy and safe environment
- Participation in decision-making regarding his/ her treatment
- Access to health care
- Knowledge of one's health insurance / medical aid scheme
- A choice of health services
- Be treated by a named and qualified health care provider
- Confidentiality and privacy
- Informed consent to assist in their decision making
- Refusal of treatment
- Be referred for a second opinion
- Continuity of care
- Complain about health services

PATIENT AND FAMILY RESPONSIBILITIES

- To provide accurate information pertaining the health of the patient
- To ensure the patient follows the medical recommendations given
- To respect other patients, visitors and health employees
- To understand that other patients and their families might need more attention than them
- To inform the health facility on a patient's information such as their address and contact details
- To ensure payment is made for the services

The Department of Health urges patients and their families who have visited public health facilities and have not been serviced in a satisfactory manner to return to that health facility and file a complaint with the public relations officer (PRO), the CEO or operations manager.

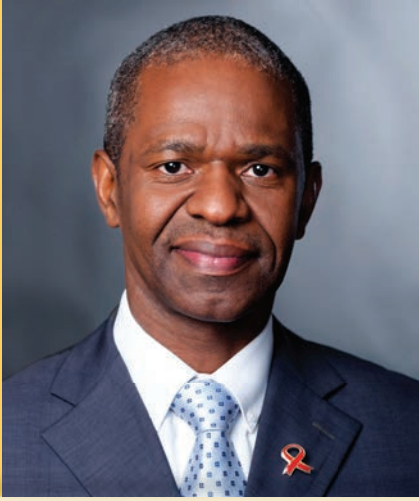
If you are still not satisfied, contact the KZN Health ombudsman,
Mboneni Bhekiswayo, by writing to him at: 330 Langalibalele Street, Pietermaritzburg 3201
or email him on; mboneni.bhekiswayo@kznhealth.gov.za

or call him on 033 395 3275.

*The Department of Health also has a
24 hour call center.*

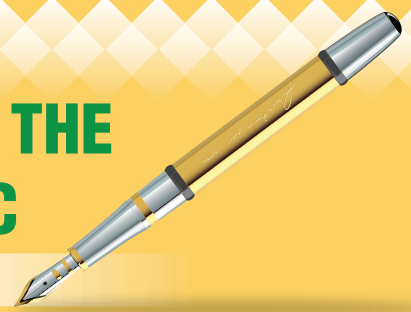
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MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo



Once again, the festive season is upon us. This is a time to be happy and celebrate life while surrounded by those who are dear to us. As in other years, all major routes throughout KwaZulu-Natal are expected to experience an influx of visitors and traffic congestion now that schools, factories and other industries around the country have closed for the holidays.

Some people will be returning home from places of work outside of the province; and there will also be holiday-makers entering the province; while others will be traveling within the province.

Unfortunately, this heightened holiday activity also leads to an increase in the number of incidents of trauma and fatalities resulting from road crashes, violence and drownings.

It has been proven that most road accidents happen as a result of human error, including failure to adhere to road traffic rules. During this time, communities also experience a higher incidence of social ills and crimes, which lead to violence and trauma.

The net effect of all of these incidents is that they put pressure on government resources as a result of people having to be treated in government hospitals and those who require rehabilitation; and in other cases, people having to receive social grants - let alone those who pay the ultimate price - death.

But things do not have to be this way.

I wish to call on all road users to exercise caution – on the roads, at home and on the streets – by staying on the right side of the law. It starts with you, by doing the little things like not drinking and driving; and by always ensuring that your vehicles are not overloaded and are always roadworthy. It is these little things that will result in the saving of health resources.

The school holidays also mean that many young people will have a lot of time on their hands. Left unchecked, some of them may experiment with potentially dangerous things, such as unprotected sex.

As a Department, we always encourage abstinence from sex for as long as possible – until one is physically and psychologically ready to deal with its consequences.

For those who cannot abstain from sex, we encourage the use of Dual Protection, which promotes Medical Male Circumcision and the use of female contraceptive methods – while using condoms during every episode of sexual contact. This ensures protection against both sexually transmitted infections - including HIV - and unwanted pregnancies.

The month of December also contains one of the most important days in the health calendar: World AIDS Day, which we commemorated on 01 December.

But, as the South African National Aids Council says, we should not lose sight of the other 'zeroes': Zero new HIV infections; and Zero AIDS related deaths.

We therefore, once again, call on all South Africans to stand together and unite in the fight against the spread of HIV. Let us ensure that those of us who are HIV positive are never ostracized, discriminated against or made to feel sub-human. Let us give them all the care and support they need.

*I wish you all a happy and safe
festive season!!!*





MESSAGE FROM THE ACTING HEAD: HEALTH

Dr M Gumedde



WE ARE literally a few days from wrapping up this year (2017), and it is time to take stock of what we have achieved before some of us take a well-deserved holiday break. For us public servants, this period coincides with the 4th quarter of our financial year, where we have to push even harder to meet our Annual Performance Plan (APP) targets.

However, with the holiday season upon us, those who are fortunate will be taking leave from work to be with their families. But some of our employees who are classified as essential services staff will simply have to soldier on. While other people will be out there having a good time, you will be throwing a lifeline to someone. We know it is not easy. But your commitment and devotion to the profession is truly commendable and we appreciate each and every one of you.

The festive season always puts the health sector under increased pressure due to the high number of people who traditionally visit our province during the December holiday season. It is therefore almost inevitable that the demand for healthcare services will also increase. During this period there is a higher incidence of alcohol consumption and substance abuse, which ultimately leads to road crashes; as well as interpersonal conflicts which results in incidents of injury and trauma. The biggest tragedy is that a lot of the mayhem that happens is man-made, and therefore avoidable.

When you consume alcohol, your ability to exercise good judgement – on the road or when it comes to sexual matters - is impaired. And when

you are drunk, you may end up getting involved in a serious and deadly road crash, or getting infected or spreading a sexually transmitted infection such as HIV, which you may regret in future. Smoking and drinking, while it may appear fashionable, actually makes the body vulnerable to various ailments such as cancer, heart diseases and diabetes. The net effect of all of this is unnecessary strain on the healthcare system, which already has limited resources.

If people could reduce their alcohol or desist from consuming it altogether, and stop smoking or taking narcotic drugs, we would have better public health outcomes and the pressure on the healthcare system would be reduced.

As the KwaZulu-Natal Department of Health, we would, therefore like to appeal to all holidaymakers, young and old, to behave well and not allow a few minutes of what appears to be 'fun' to spoil the rest of your future.

I wish to convey my best wishes. Merry Christmas, and Happy New Year.

Keep well and stay blessed.



KZN HEALTH AT YOUR SERVICE THIS FESTIVE SEASON



The festive season is a time of fun, family and friends. During December, in particular, KwaZulu-Natal receives thousands of visitors from other provinces and even other countries as guests flock to enjoy the warm weather and beaches from Port Shepstone to Durban. Unfortunately, the influx of people into the province means a higher number of calls that reach the Department's Emergency Medical Services Unit. Paramedics rush to face incidents where people have been victims of violence, trauma and drowning.

The KwaZulu-Natal Department of Health, in collaboration with other provincial Departments, is ready to face the challenges brought on by the high rate of accidents for yet another festive season.

To improve response times, the KZN Department of Health recently unveiled 20 brand new ambulances which will be distributed across the province's 11 districts.

Speaking during a ceremony where these ambulances were displayed to the public MEC Dhlomo said: "Due to budgetary constraints, we have managed to procure a total of 20 ambulances this time around, at a cost of R15 million. The ambulances that we are handing over are fully equipped to an Intermediate Life

Support level, and are in line with the new EMS regulations. They will be distributed to all 11 districts to complement the existing operational fleet during the festive season, and beyond. We see investments in new Ambulances as a means to enhance the working environment for this sector whose nature of work is characterised by emergency and urgency.

"As a Department, we always strive to have a sufficient number of ambulances to meet the demand; hence the introduction of these new vehicles. We have a responsibility to our communities and visitors to always offer a high level of pre-hospital care by skilled and dedicated ambulance staff. I therefore wish to emphasise that the 20 ambulances that we are handing over are just for the time

being. Early in the next financial year, we will certainly be adding significantly to this fleet." MEC Dhlomo called upon every member of the public to be vigilant and alert law enforcement authorities regarding any unsavoury incidents involving EMS vehicles; whether it is paramedics abusing these vehicles; or when there are plans to damage, hijack or vandalise these vehicles.

"We are relying on you to safeguard this property, which is made available to assist those requiring emergency medical care during their time of need. It's only when that happens that we can successfully deliver on our noble mandate of delivering "a long and healthy life for all South Africans".



WORLD AIDS DAY

REMARKS BY KZN HEALTH MEC, DR SIBONGISENI DHLOMO ON WORLD AIDS DAY, AT DANHAUSER, AMAJUBA DISTRICT

KZN is the Province that has the highest burden of HIV in the country. Much has been accomplished to fight the spread of this malady and it's all thanks to the pivotal role that is played by Amakhosi, Traditional Healers, Faith-Based Organisations and civil society.

This year's World AIDS Day theme was:

"Let Our Actions Count: It Is My Right to Know My Status, Prevention is My Responsibility"

It is more about increasing LIFE EXPECTANCY

The life expectancy of South Africans has now increased from 56 years to 60 years on average. People are no longer dying in large numbers, with funerals from AIDS-related deaths every weekend. We have restored hope and given our fellow compatriots the precious

gift of life.

Indeed, having a healthier citizenry means that people live for a long time, until their children are old enough and independent.

Universal Test & Treat

The KZN Department of Health has strengthened efforts to scale up ART care and treatment services. To date, about 1, 3 million people living with HIV in KZN are receiving ARVs.

This means that people found to be HIV positive are now initiated on ART treatment immediately after they are diagnosed with HIV.

To be where we are in this regard, it is thanks to nurses trained in the Nurse-Initiated Management of Anti-Retroviral Treatment (NIMART).

They have played a huge role in scaling up access to treatment as patients no longer have to wait for a doctor to assist them. It also means that initiation to ARVs is now offered at PHC (clinic) level.

Having nurses trained on NIMAART has also made it seamless to introduce the Universal Test and Treat (UTT) approach which is based on two pillars:

- Early diagnosis and treatment decreases the risk of HIV/AIDS and non-HIV/AIDS-related health problems;
- The reduction of viral load to undetectable levels will dramatically reduce the current transmission rate of HIV.

TO BE CONTINUED ON PAGE 6 >>>





To make things easy for those infected we have also improved the quality of treatment by reducing the consumption burden by introducing Fixed Dose Combination. We also hail the remarkable work being performed by the lay counsellors and community care givers who continue delivering a comprehensive intensive patient education that helps to facilitate and promote basic knowledge about HIV as well as adherence to treatment.

Testing

We also thank our populace for believing and supporting our HIV awareness and testing campaigns, such as Zivikele/Hlola Manje. It is thanks to that support that in the 2016/2017 financial year, we were able to get 9, 9 million people tested.

YOUTH-FRIENDLY SERVICES

As a means to ensure that no one is left behind, we have established the concept of Adolescent and Youth User-friendly services. Here we strive to create an environment whereby young people feel welcome to seek any kind of service at public health facilities, without fear of being judged upon. On an ongoing basis, we continue to urge our healthcare professionals to desist from passing judgement on young people when they present at our facilities seeking services, but instead ensure that they are assisted.

The youth is encouraged to take advantage of this exciting opportunity with services such as:

- HIV education, counselling and testing
- Sexually Transmitted Infections education and diagnosis

- Contraceptive education and provision
- Pregnancy testing, antenatal and postnatal care
- Education on chronic diseases and disabilities, as well as,
- Substance abuse, amongst others

Prevention of Mother to Child Transmission

We appreciate the participation of all the stakeholders that helped ensure that all pregnant women attend Antenatal care as early as possible preferable in the 1st 20 weeks. For this we say thanks to reinforced household and community pregnancy testing being performed by our Community Care Givers who now offer the community based testing initiative.

TO BE CONTINUED ON PAGE 7 >>>

As a province, the next big challenge that we need to overcome is to ensure that we turn the Elimination of Mother to Child Transmission (EMCT) of HIV into a reality. This is about seeing KwaZulu Natal further reducing the Mother to Child Transmission rate from the baseline of 2.9% in 2012 to 0.6% at birth and 0.8% around 10 weeks by 2021. This we hope to achieve through improving and enhancing systems for linking prevention, treatment, care and support services for all pregnant/breastfeeding women, their partners and children) across the continuum of care.

MEDICAL MALE CIRCUMCISION

It will be recalled that His Majesty the King made a clarion call in 2009 for the revival of circumcision. Medical Male Circumcision is a key HIV prevention strategy rolled out to curb HIV infections. This is because He learnt that circumcision is one of the second most important tools we can use to fight against the HIV pandemic, after condom use. We are thus extremely pleased that KZN is within touching distance of the 1 million mark for men and boys circumcised under government's safe Medical Male Circumcision programme.

We have now circumcised more than 993 000 boys and men. This is thanks to good social mobilization activities as championed by Amakhosi, traditional healers; partners and community leaders, among others, for which we are extremely grateful.

We appeal to communities to help us achieve the following:

- 90% of all people living with HIV to know their status
- 90% of those diagnosed with HIV to be on ART treatment
- 90% of those diagnosed with HIV to be have the virus suppressed

We say – Nobody Must Be Left Behind.



1 DEC '17 **WORLD AIDS DAY**

LET OUR ACTIONS COUNT IT IS MY RIGHT TO KNOW MY STATUS,
PREVENTION IS MY RESPONSIBILITY

MEMORIAL SERVICE

VIOLENCE AGAINST WOMEN SLAMMED AS **FALLEN NDALENI NURSE**
IS HAILED AS A TRUE HEALTH SERVICE CADRE

A KIND soul, a dedicated nurse, and an exemplary health cadre who always upheld the Nurses' Pledge - and often went well beyond the call of duty. That is how the late staff nurse Nomusa Ngcongco from Ndaleni Clinic was described at an emotion-charged memorial service held in Richmond recently. Ms Ngcongco, 35, was gunned down while with a patient inside the clinic, allegedly by her fiancé, Mr Themba Bhengu, who was a clerk at Grey's Hospital. It is alleged that after shooting his fiancée, he turned the gun on himself.



At the memorial service held at Ndaleni School for the Deaf – where Ms Ngcongco used to win beauty pageants as a young woman – her former colleagues remembered her as a wonderful human being, who was loved by her patients and was beautiful inside and out.

Mourners heard how she would freely give out her contact details to patients, telling them to feel free to call her anytime if they had any enquiries or problems with their medication.

Affectionately known as “Noms”, she was remembered as having been “very polite, dedicated and intelligent.” She would call her patients “abantu bami” (my people). She had no children, and had been staying with her mother, who is sickly. KZN Health MEC, Dr Sibongiseni Dhlomo, expressed his extreme concern at the number of health workers from Umgungundlovu who have been murdered in recent years. He said that the safety of staff and patients is paramount, and it was the first time in many years that a health worker was murdered inside a health

facility. The district has previously lost highly-qualified female nurses, including: Sr Ntokozo Milicent Xulu; Sr Thabisa Daysen Doyisa and Sr Sindisiwe Shelembe. In one of the previous killings, the assailant brazenly and mercilessly used an R5 rifle to take the life of an unarmed female nurse. All of them were basically killed on duty, as one of them was on the freeway traveling to work when she was shot; and the other was shot outside Edendale Hospital after finishing her shift. MEC Dhlomo also visited Ndaleni Clinic where he comforted Ms Ngcongco's colleagues and management. Although the perpetrator was known to the murdered nurse and had previously visited the clinic on numerous occasions, MEC Dhlomo will continue to seek answers from management and security at the clinic as to how an armed person was able to make it past the security gate with a firearm. “My heart bleeds at seeing an educated woman lose her life like this, particularly at a time

when we are mobilizing society to protect women and children, as part of 16 Days of Activism for No Violence Against Women and Children. What has happened is painful, and should never have happened. I am certain that the family of the perpetrator is also in pain, because I do not think that the perpetrator received permission from them to do this.”

He has also made a pledge to assist the Ngcongco family.

“If there is any assistance that the Ngcongco family needs... If there is any other child from the family who wants to become a nurse, we will try our best to assist you. We hope that that will go some way towards wiping away your tears.”

MEC Dhlomo said the Department is still committed to making improvements to six key aspects that have been identified at public health facilities. These are the cutting of long queues; availability and provision of medicines; change of staff attitudes, improving safety and security and general cleanliness.

CERVICAL CANCER

REGULAR BREAST INSPECTION CAN HELP US BEAT CANCER,
SAYS KZN HEALTH MEC



KWAZULU-Natal Health MEC Dr Sibongiseni Dhlomo has encouraged women to get into the habit of regularly inspecting their breasts in order to detect any irregularities such as lumps or sores, which can be a sign for breast cancer. The MEC says that men also have a role to play in this regard, as they can also assist in the inspection of their partners' breasts – with their permission of course.

Speaking to community members at KwaNzimakwe, under the Ray Nkonyeni Local Municipality (Ugu District), on the south coast of KwaZulu-Natal (28 November 2017), MEC Dhlomo said that breast and cervical cancer are the two most common cancers afflicting women in South Africa.

“Because of early detection of breast cancer, many women are alive today. In fact, we want to have a situation whereby in the next 10 years, the only cancer we talk about is cervical cancer because it is able to hide. It is unlike breast cancer which is much easier to detect. I want to call upon all women to get used to inspecting their breasts.

Occasionally, just feel your breasts and check if there's anything unusual. Stand in front of the mirror, lift your hands and observe if both breasts go up. If one of them doesn't, then that's a sign that something may be wrong. That is when you must go to a health facility near you for a check-up. Men can also play a big role in this regard. If they don't help their partners and problems arise, then they are culpable,” he said.

MEC Dhlomo then turned his attention to cervical cancer, saying that it is the second most common cancer among women in South Africa, after breast cancer. Whereas cervical cancer used to affect older women in their 60s, it is becoming increasingly common among women in their 30s. In light of this, the National Health Council has formulated the National Cervical Cancer Prevention Policy (NCCPP) and the Breast Cancer Prevention and Control Policy, whose main aim is to ensure that the early symptoms of cancer are identified early. “With the new approach, we use Liquid-Based Cytology (LBC), which is considered to be an alternative to conventional cytological investigations, also known as the

Pap smear. This ensures a good quality and clean slide which is easier to interpret, and reduces the need for repeat pap smear thus saving costs.” said Dhlomo.

He urged parents to warn their children about the dangers of getting involved in inter-generational and transactional sexual relationships with older men as this is a major contributor to new HIV infections, especially among women aged 15 – 24.

MEC also announced a new patient referral system for patients in the area. Previously, non-emergency patients who attend the local Ntabeni Clinic were referred to Gamalakhe Clinic before being transferred to Port Shepstone Regional Hospital. With the new system taking effect, patients can now be referred straight to a Gateway Clinic at Port Shepstone Hospital for assessment and also be admitted to the hospital if the situation warrants it.

(For more information on breast cancer inspection, click on http://www.kznhealth.gov.za/publicity/Breast_Cancer_Awarenes_Five_Steps_breast_self_examination.pdf)

ETHICS TALK

In the past few months Ethics Talk has focused on conflict of interests and acceptance of hospitality and gifts.

In this edition, we discuss Ethical Decisions, which is core to ensuring that we do not find ourselves in a conflict both in the workplace and in our social environment.

The following simple Steps to Ethical Decision Making are:

1. Identifying the dilemma and assessing the potential risks (to the Department, others and yourself);

Ask questions such as:

- o What ethical principles come to mind?
- o What could be the risk to the health, safety and reputation of the Department, other or yourself?
- o Is my action illegal or unethical?

2. **Considering several alternative actions and the potential outcomes and consequences of each.**

Ask questions such as:

- o What are the facts, what additional information is needed, what policies/laws may apply?

3. **Deciding on the best course of action.**

4. **Evaluating the results of your actions.**

Ask questions such as:

- o Are you comfortable telling your family or friends what you did?
- o Would the reputation of the Department, others or you be harmed by the decision?
- o Was I fair and honest in my decision?

The following should always be kept in mind during the decision making process:

- Everyone has a different view of the same problem
- Use your fundamental ethical principles as a guide – if it doesn't feel right then it probably is not right!
- Before making the decision always consider alternatives & consequences of your actions.
- When in doubt – seek advice from others; and
- Remember if you consult then the problem is everyone's – if you don't consult then it is solely your problem!

So over this festive holiday period let's ensure we make ethical decisions and choices both in our work and personal environment!

WHAT'S NEW

Women Part of Trials to See What Method Prevents HIV

Injection or pill: What will work?

South African women are going to be part of a trial to test an antiretroviral injection, to discover if it can prevent them from contracting HIV. This is part of efforts to find a way to prevent women contracting HIV without taking a daily pill or having to rely on their partner using a condom. The only medication licensed for HIV prevention in this way is Truvada; a pill to be taken every day to reduce the risk of becoming infected with HIV. The second is a combination of two injections that contain an ARV drug called Cabotegravir.

Sowetan 1/12/17 pg5

Smart HIV solutions

Universal treatment and international bidding for contracts helped shrink costs of combatting HIV.

A research study shows that increases in antiretroviral treatment costs for HIV-Aids patients in the country have been offset by the introduction of cost-saving measures and universal treatment. This is according to a study led by the Health Economics and Epidemiology Research Office (HERO), a collaboration between Wits' School of Medicine and Boston University's School of Public Health, which analysed the cost of the South African HIV treatment programme and estimated the expected cost and impact of treatment guidelines issued by the World Health Organisation (WHO) between 2009 and 2016.

The New Age 30/11/17 Pg2

Cinnamon may help cut the kilos: study

Scientists have found that an ingredient in cinnamon could help burn the fat in humans. Cinnamaldehyde is an essential oil that helps give the spice its distinctive flavour and has been proven to protect mice against obesity in previous studies.

Daily News 28/11/17 Pg10

Blood bank plans several holiday drives.

THE South African National Blood Service (SANBS) in KwaZulu-Natal has planned several blood drive promotions that will run into January including extended hours and additional weekend drives. Regional marketing manager, Sifiso Khoza, said traditionally December is a difficult time for the SANBS which struggled to collect the requisite 3000 units of blood a day.

The New Age 21/11/17 Pg3

photogallery



photogallery



EMS EMPLOYEES @ MOSES MABHIDA



WORLD AIDS DAY MARCH @ DANNHAUSER



HEALTHY LIFESTYLE @ DANNHAUSER



16 DAYS OF ACTIVISM MARCH @ DANNHAUSER



MEMORIAL SERVICE @ NDALENI CLINIC



MEMORIAL SERVICE @ NDALENI CLINIC

photogallery



DR SIBONGISENI DHLOMO VISITED CJM HOSPITAL (UMZINYATHI DISTRICT) TO HANDOVER LETTER OF APPRECIATION FROM THE OFFICE OF THE PREMIER.



MEC HANDOVER APPRECIATION LETTER FROM THE OFFICE OF THE PREMIER



MEC HANDOVER APPRECIATION LETTER FROM THE OFFICE OF THE PREMIER



health

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